



1997-98 KIRIS ASSESSMENT

Open-Response Item Scoring Worksheet

Grade 11—Practical Living

The **academic expectation** addressed by the open-response item “Long-Term Benefits of Physical Activity” is

2.35 Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives.

The **core content** assessed by this item includes

- Physical, mental, and social benefits of regular participation in leisure/recreational and competitive physical activities throughout life

Long-Term Benefits of Physical Activity

Joe is a 28-year-old man who likes his job even though it demands long hours and requires little physical activity. Joe is left with very little time for physical activity and socializing.

Explain the long-term physical, mental, and social benefits Joe would derive from a change in his level of physical activity.



SCORING GUIDE

Grade 11 Practical Living

Score	Description
4	Student explains at least 1 benefit in each category. Response differentiates 3 categories clearly. Demonstrates clear understanding of cause and effect.
3	Student explains 1 benefit in each category. Demonstrates some understanding of cause and effect.
2	Student explains benefit(s) in 1 or 2 categories. OR Student lists 1 benefit in each category with no explanation.
1	Student lists 1 or 2 benefit(s) with no explanation.
0	Response is totally incorrect or irrelevant.
Blank	No answer.

Examples of benefits of physical activity:

Physical

- strength
- endurance
- lower blood pressure
- weight control
- live longer & healthier
- lower cholesterol
- prevent ulcers
- prevent adult diabetes
- prevent heart problems
- flexibility
- avoid sleep disorders

Mental

- stress management
- prevent mental fatigue
- more positive attitude
- self-esteem
- more productive
- feeling of accomplishment
- better understanding of self

Social

- self-esteem
- interaction
- more satisfying relationships with friends, family and co-workers



ANNOTATED STUDENT RESPONSE

Grade 11 Practical Living

Sample 4-Point Response of Student Work

Student Response

(A) Long term physical benefits Joe could derive are feeling better and staying healthier. Exercising helps people feel better because they get energy and can have a lot of fun. It also helps reduce health risks. It strengthens your body so when you are older you won't just be weak and/or frail. And it can also reduce heart-attacks if you do it to keep your weight down.

(B) Long term mental benefits are self-confidence and ability belief. Exercising helps many people have better self-confidence because it can improve your looks, muscle tone, and weight. And if you are able to do certain exercises it helps you believe you have the ability to do other things.

(C) The social long-term benefits are meeting people and doing stuff. When you exercise, like at a gym, regularly, you have the opportunity to meet different people. And because it helps keep you healthy and physically fit you can do more social activities like hiking and skiing.

← Student clearly explains two **physical** benefits of physical activity (i.e., feeling better and staying healthier). Explanation shows understanding of how physical activity causes these benefits (i.e., “get energy and have fun” for feeling better and “reduce heart attacks” for staying healthy because Joe would be keeping his weight down).

← Student explains one **mental** benefit of physical activity (i.e., self-confidence) and shows understanding of how involvement in physical activity causes this effect (i.e., through improved looks, muscle tone, and weight, and the belief that “if you are able to do certain exercises it helps you believe that you have the ability to do other things”).

← Student explains two **social** benefits of physical activity (i.e., meeting people and “doing stuff”). Student provides some explanation of how an increase in physical activity causes these benefits (i.e., going to a gym provides an opportunity to meet new people and being fit increases a person’s ability to participate in physical activities with others).

Overall, student demonstrates knowledge of the physical, mental, and social benefits of physical activity in life. Student identifies at least one benefit in each of the three categories (physical, mental, and social) and explains in specific and clear terms how these benefits can result from increased physical activity.



ANNOTATED STUDENT RESPONSE

Grade 11 Practical Living

Sample 3-Point Response of Student Work

Student Response

By changing his level of physical activity, Joe could improve the physical, mental, and social aspects of his life. Increased activity could physically put his body in better shape. Exercise would burn calories, build muscle, and make him feel a lot better. Directly affected to the physical benefits of exercising are the mental benefits. Increasing activity also increases the brain's ability to think. Joe could become better at analyzing difficult dilemmas through this lifestyle change. Finally, Joe's social life could greatly improve due to more physical activity. He could recruit some of his friends to exercise with him, which would physically strengthen his body, sharpen his mind, and deepen his friendships all at the same time.

← Student names one **physical** benefit of physical activity (i.e., put his body in better shape) with some explanation of **how** increased physical activity could cause these benefits (i.e., burn calories, build muscle, and make him feel a lot better).

← Student explains one **mental** benefit of physical activity (i.e., increases the brain's ability to think). Student does not explain how increased physical activity could cause this benefit.

← Student names one **social** benefit of physical activity (i.e., improve his social life) and explains for how increased physical activity could cause the benefit (i.e., "He could recruit some of his friends to exercise with him which would ... deepen his friendships").

Overall, student explains one benefit in each of the three categories (physical, mental, and social). Student provides an explanation of how increased physical activity could cause two of the benefits, showing some understanding of cause and effect.



ANNOTATED STUDENT RESPONSE

Grade 11 Practical Living

Sample 2-Point Response of Student Work

Student Response

Physical activity has many benefits. Joe, who is 28, would benefit from physical activity in many ways. For example, physically Joe would be benefiting by losing weight and gaining muscle strength. Mentally he would be able to express his emotions and relieve stress. Socially he would benefit by meeting new people.

← Student lists two **physical** benefits of physical activity (i.e., losing weight and gaining muscle strength).

← Student lists one **mental** benefit of physical activity (i.e., relieving stress). The benefits associated with expressing emotions are not clear.

← Student lists one **social** benefit of physical activity (i.e., meeting new people).

Sample 1-Point Response of Student Work

Student Response

If Joe changed his occupation or work schedule, he could become more physically fit, healthier, intake more knowledge, and become more sociable.

Joe could become more physical if he had more time to exercise. Instead of working all day he could go to the gym, join a sports team, or just exercise in his own home. He may end up being healthier in the long-run because he is able to try new foods and have more time to eat 3 meals a day.

Joe would also have more time to enjoy going to the library, reading novels, and have time to himself to read or watch television. (educational, of course!)

He would also have more time to spend with his friends and family, becoming more social. He may also have time to be friends with a female companion, improving his social status!

← Student lists two **physical** benefits (i.e., become more fit and healthier) and a **social** benefit (i.e., become more sociable) of physical activity. Student offers “intake more knowledge” as a mental benefit, but this is not a correct benefit of physical activity.

← Student attempts to explain how Joe would be healthier through physical activity, but explanation is flawed.

← Student explains how Joe would become more sociable, but explanation does not include any connection to physical activity.



INSTRUCTIONAL STRATEGIES

Grade 11 Practical Living

The open-response item “Long Term Benefits of Physical Activity” assesses students’ knowledge of the long-term physical, mental and social benefits of involvement in physical activity. The instructional strategies below present ideas to help students explore and master these concepts.

Discuss the physical, mental, and social benefits of regular participation in physical activity throughout life. Explain clear links between specific activities and benefits (cause and effect).

Invite a fitness or wellness evaluator to assess the fitness of students and discuss the importance of physical activity.

Invite a gerontologist to discuss the importance of physical activity and the impact of physical activity on longevity and quality of life.

Have students work individually, in pairs, and/or in small groups to complete any or all of the following activities:

- Brainstorm local places where community members can get exercise and engage in physical activities on a regular basis.
- Discuss the range of physical activities that have physical, mental, and social benefits.
- Create a poster encouraging people to be active and illustrating the benefits of physical activity.
- Research diseases and ailments that may result from a sedentary lifestyle.
- Investigate the benefits of engaging in physical activity throughout the lifetime versus beginning a physical activity program at an older age.